

# RAKUEN TRANSLATIONS



TRANSLATOR:

/A/NONYMOUS

PROOFREADER:

/A/NONYMOUS

TYPESETTER:

PAPO41

CLEANER:

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REDRAWER:

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MEGA



RAKUEN TRANSLATIONS



IKEBUKUROTRANSLATIONS.  
BLOGSPOT.PE

DEAR SUCCUBUS SISTER



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RENGOKU NO KARMA



Author: Hirose Shun

RAKUEN TRANSLATIONS

IF YOU'RE INTERESTED  
ON HELPING US,  
WRITE US ON OUR  
FACEBOOK PAGE OR  
CONTACT US AT OUR  
BATOTO ACCOUNT  
PAPO41



WE'RE ALSO RECRUITING TYPESETTERS,  
REDRAWERS AND CLEANERS.

# CHAPTER 3: SQUATS

JUNE





DON'T TALK  
ABOUT MY  
BODY LIKE  
IT'S A  
DAMNED  
SAFETY  
HAZARD!!!!

EVERY-  
THING'S  
ABOUT  
TO  
BURST!!!!

NO,  
WAIT!  
YOUR  
ASS!!  
YOUR  
THIGHS!!



HMP?

UH...  
ISN'T  
YOUR  
ZIPPER  
AT ITS  
LIMIT,  
THERE?



CRAP!  
I KNEW  
MY  
CLOTHES  
GOT  
TIGHTER  
SINCE  
LAST  
YEAR...

BUT SINCE  
I'M IN MY  
SUMMER  
UNIFORM,  
MY INDUL-  
GENT  
BODY IS  
ON FULL  
DISPLAY!

SFX: STRAINING SOUND EFFECTS



I'LL TOTALLY  
LOSE  
WEIGHT  
OVER  
SUMMER  
BREAK!!!!!!

And get hit  
on at the the  
beach!!!

POPSICLE  
(2ND ONE)  
69KCAL

...I GOT  
IT!!!!!!



ダンベル  
何キロ持てる?





# SQUATS: BASIC FORM

KEEP YOUR FEET SLIGHTLY FURTHER THAN SHOULDER-WIDTH APART



The idea isn't to bend your knees, but to lower your butt.



While you're inhaling, lower your butt until it is nearly parallel with the floor.

\*This is to prevent putting too much strain on them.

While you exhale, stand straight up. Be sure not to hyper-extend your knees in the process.



The distance between your feet should be slightly wider than your shoulder's width.

Your heels are your center of gravity. Place the barbell around where the trapezius (the base of the shoulders and neck) is located.

Keep your eyes forward.

**MODEL!  
AKEMI**

Although, some say a full-squat places less strain on your knees than a half-squat.

Since you're still a beginner, it's better to mix half-squats and lower full-squats.



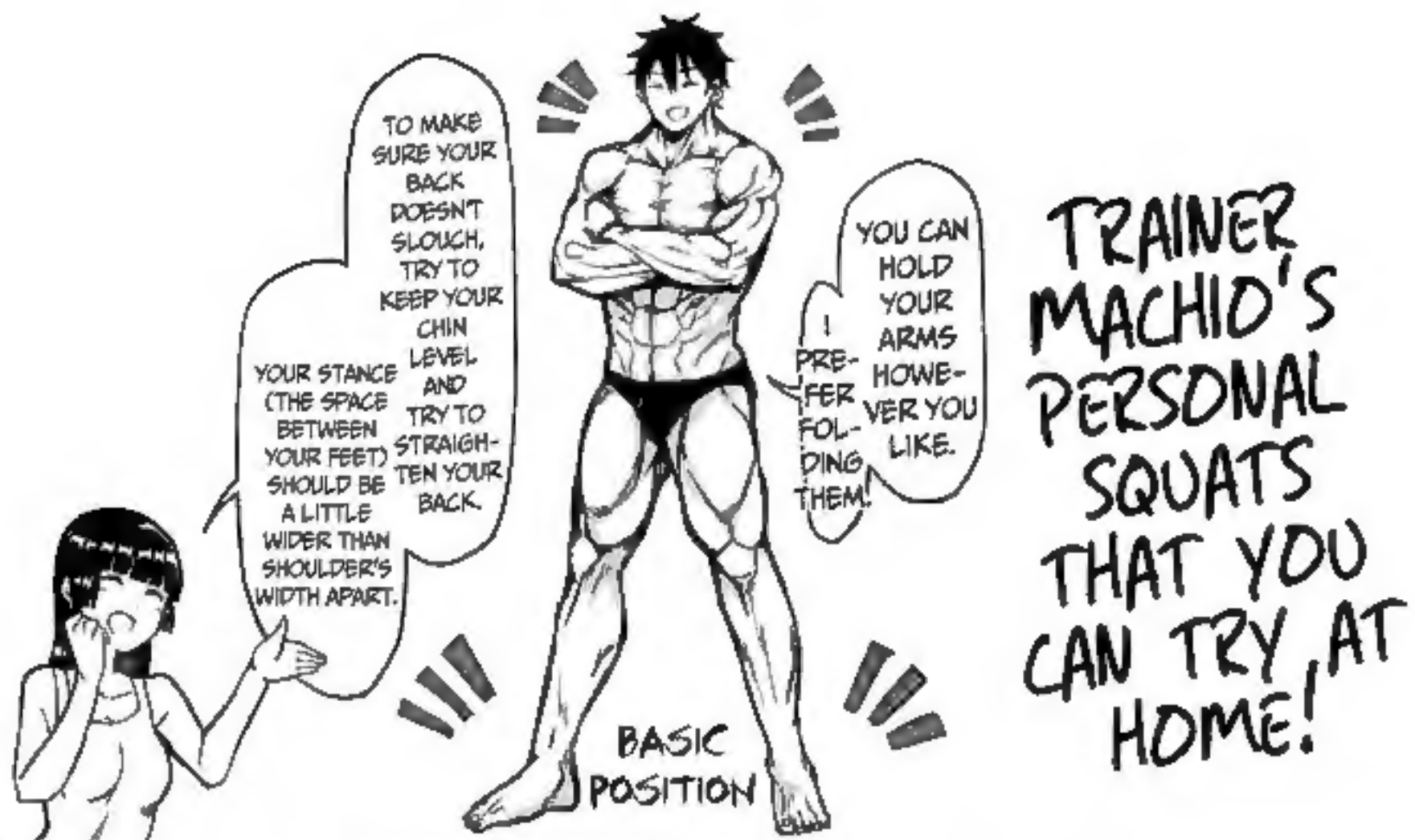
Squats let you train  
your quadriceps  
(thighs), hamstring  
(posterior thigh),  
and your gluteus  
maximus (butt).

SO WHY DO  
YOU HAVE TO  
ALWAYS MAKE  
EVERYTHING  
SO EROTIC  
DURING THESE  
EXPLANA-  
TIONS!!!!

QUADRI-  
CEPS  
(THIGH)

HAM-  
STRING  
(POS-  
TERIOR  
THIGH)

GLU-  
TEUS  
MAXI-  
MUS  
(BUTT)



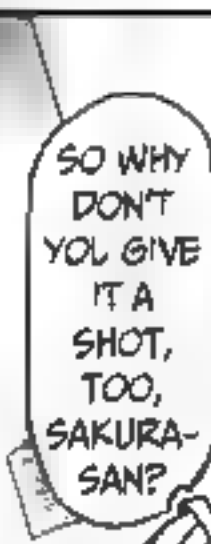


SQUATS CAN BE A LITTLE DIFFICULT, SO JUST FOCUS ON YOUR FORM FOR TODAY.



GOOD LUCK, HIBIKI!!

OH, OKAY!



SO WHY DON'T YOU GIVE IT A SHOT, TOO, SAKURA-SAN?



...AND THAT'S ALL THERE IS TO IT.



YOU'LL HAVE BETTER FORM IF YOU KEEP AN EYE ON YOURSELF IN THE MIRROR AND FIX ANYTHING THAT'S WRONG.



WE'LL START WITHOUT USING THE BAR.



EH, WHATEVER... I'LL JUST GET THIS OVER WITH AND MOVE ON TO THE NEXT EXERCISE.

OKAY, HERE I GO.



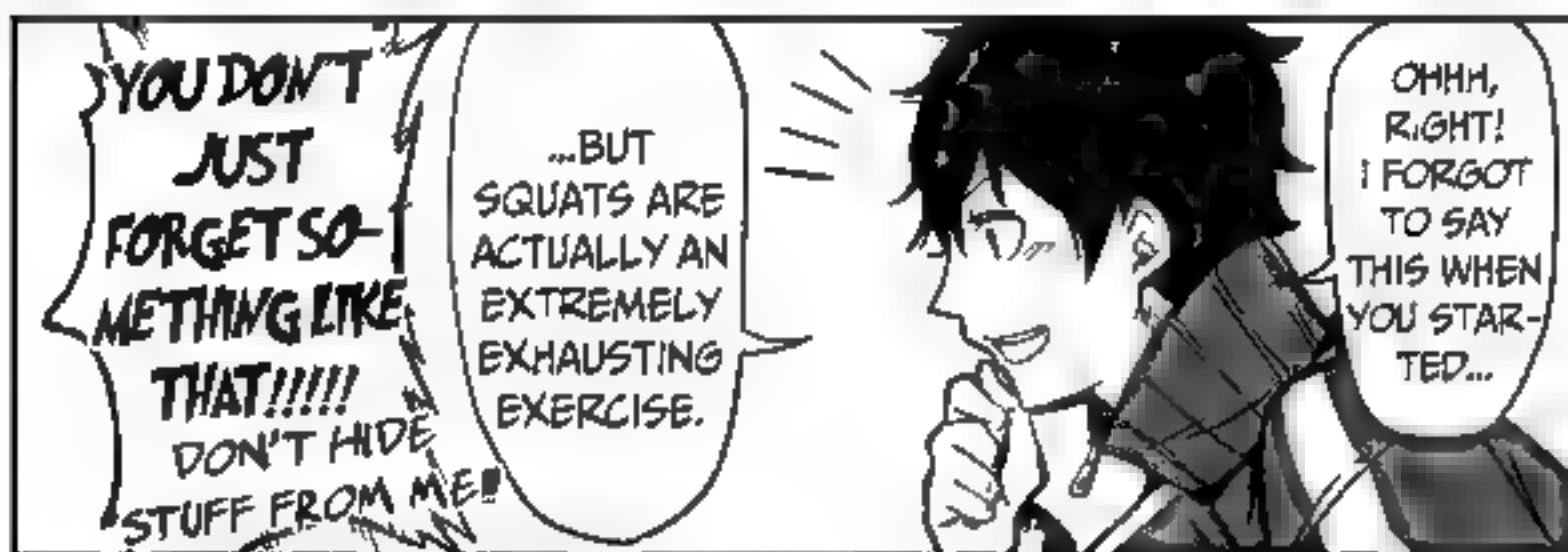
YOU CAN DO IT!

IT'LL BE SO EASY WITHOUT ANY WEIGHT.

NO, NO, NO... THIS'LL BE A PIECE OF CAKE.

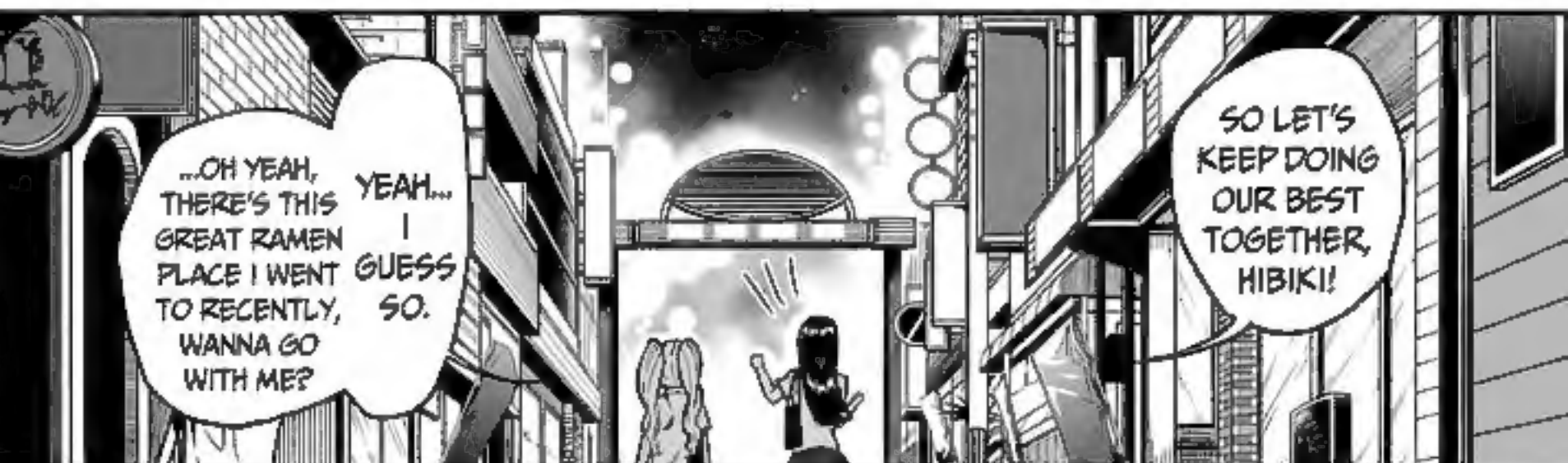


REA-LLY?











## AFTER TRAINING MEAL

